

The Conceptual Study Of Life Style And Metabolic Disorder W.S.R. To Ahar Vidhi Vidhan**Vd. Priyanka Panjabrao Tekale**

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Abstract -

In today's fast paced life wrong dietary habits and pattern are one of the most important cause of Agnidushti leading to various metabolic disorders. The rules of dieting and right way of eating has been forgotten. So the concept of Ahar Vidhi Vidhan is one of the most beneficial & helpful for reducing the metabolic disorders in aspect of Nobel goal of maintaining health.

"Swasthasya Swasthya Rakshanam!" and this can be full filled by the concept of Ahar Vidhi Vidhan.

Introduction :-

Now a days there is major change in lifestyle in which faulty changes in dietary habits are most important factor. These changes are causing various diseases.

Acharya Charak has mentioned Ahar as prana i.e. life of living organisms. But only if taken in right manner otherwise the faulty manner can cause death.

Today's lifestyle prohibits us from following proper dietary habits which can lead us to many disorders. So just by following dietary habits given by Acharyas many diseases can be prevented and we can lead to healthy life.

Acharya have stated that Aam is major factor in Samprapti of any Vyadhi.. Aam is nothing but the Apakva Ahar Rasa. And can be produced due various reasons including not following the guidelines of Ahar.

So I have chosen this topic to emphasize Ahar vidhi Vidhan.

Purpose :-

To study and emphasize the lifestyle and metabolic disorders caused by today's lifestyle w.s.r. to Acharya Charak's Ahar Vidhi Vidhan.

Material And Methods :-

For this conceptual study Ayurved Samhitas – Charak Samhita, literatures and articles have been reviewed.

- 1) Ushnamashniyat – Consuming refrigerated food can cause Agnimandya and Aamotpatti and this is root cause of every disease.

According to Fennema 1982 losses of nutrients during freezing can be the result of physical separation, leaching, thermal, chemical degradation.

This can lead to malnutrition
Consuming cold beverages can lead to Glucose Metabolic disorder.

2) Snigdhamashniyat –

Diet should include Snigdha dravya like oil and ghee. Due to dieting obsession in people they avoid consuming oil and ghee. Because it contains fat.

Vit. D malabsorption can lead to calcium metabolism disorder – Hypocalcemia, Hypo Plasma Calcium level. As Vit. D is fat soluble vitamin.

Low fat intake can cause lipid metabolic disorder. HDL reduces risk heart diseases.

As Mono Unsaturated fatty acids help in stabilizing blood Sugar Levels, low fat diet can lead to Glucose Metabolism Disorder, Metabolic Syndrome.

Daily intake of pint of milk or equivalent dairy product like ghee paneer can more than halved the risk of metabolic disorder.

3. Matravatashniyat –

According to Ayurveda Matra can be of two types Sarvagraha and Parigraha.

But today's we don't eat food as per need we eat for taste and this is major reason behind the lack of minerals various electrolytes leading to Water Electrolyte imbalance.

Not considering Matra before eat can cause Obesity or Malnutrition.

Amount of diet should be decided as per agni and bala of individual.

Overeating , diet plans or fasting due to work load can cause Obesity or Malnutrition.

4. Jeerneashniyat –

Meal should be taken after digestion of previous meal.

According to Charak Kaal Bhojna Arogyakaranam]

But today due to busy schedule one can not pay attention to this , they tend to eat food as convenience. this can increase hyperacidity or Ajirna_{1 1} indigestion Agnimandya and can lead to Grahani which can be correlated to IBD_{1 2} .

5. Veerya virudhamashniyat –

Virudha Virya Ahar consumption i.e. Eating Incompatible food can cause various skin Disorders, IBD (Grahani), Shotha, fever, Aamvata.

In day today's life people drink milkshakes of sour fruits which is veerya virudha, fish and milk etc.

6. Ishtadeshe Ishtasarvopkaranam Ashniyat –

Eating in stress full premises is common these days but this increases the urge of sweet food or food. Hence the increase in food intake leads to Obesity which is major risk factor for type 2 diabetes and various heart diseases.

In stress Cortisol level is high and these increased cortisol levels increase the calorie need of body.

7. Naatidrutamashniyat –

Due to busy and hectic life style people tend to eat food very fast. This can cause GERD, poor digestion, less absorption of nutrition can cause Malnutrition. This leads to lower food satisfaction and obesity.^{i 5}

8. Naativilambitamashniyat –

Some people eat their meal while watching television or Chatting or while gossips in canteen. Due to this the enzymatic secretion do not mix properly in food which leads to indigestion, loss of appetite, less eating leading to weight loss or malnutrition weakness.

9. Ajalpanahasan tanmanabhunjeet-

Meal should be consumed without talking, laughing. Meal should be a Mindful eating.

Now a days we eat food at our work place, canteens seating and gossiping with colleagues,

friends or in a very stressful surrounding. Due to discussions we lack concentration in food.

Chinta here we can say work stress, Shok, Bhaya, Krodh, Dukhha, Improper bedding this leads to indigestion, obesity, malnutrition, Depression.^{i 6}

10. Atmanamabhisamikshya bhunjeet –

Diet should be taken according to Prakruti, Satmya, Agni and Bala of person. But due to lack of awareness we don't follow these guidelines and consume oakstanya diet.

Consuming without consideration of Prakriti, Satmya, Agni And Bala can lead to Samprapti of various vyadhi. Some of them can be metabolic disorders like Aamvata, Sthaulya, Prameha etc.

Results-

Due to today's lifestyle people do not follow Acharya Charak's Ahar Vidhi Vidhan may lead to various types of Metabolic Disorders listed below : Aamvata, Prameha, Sthaulya, Grahani, Disorders of calcium metabolism , Glucose metabolism disorder, Lipid metabolism disorder, Malabsorption Syndrome, metabolic Syndrome, water electrolyte imbalance, Acid base imbalance, Indigestion, Obesity, malnutrition, diabetes, skin diseases, IBD, Depression.

Conclusion –

In today's fast paced life wrong dietary habits and patterns are one of the most important cause of Agnidushti leading to various metabolic Disorders. The rules of dieting and right way of eating has been forgotten. So, the concept Ahar Vidhi Vidhan is one of the most beneficial and helpful tool for reducing the metabolic Disorders in aspect to noble goal of maintaining health. As the main Prayojana of Ayurveda is Swasthasya Swasthya Rakshanam. This can be achieved by the concept of Ahar Vidhi Vidhan.

For promotion of better health in the society and prevention of the various metabolic disorders awareness regarding Ahar vidhi vidhan is need of the hour. Proper measures like social media, lectures at school college , parent teachers meetings, working staff , clinics should be conducted.

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